

MASHPEE



SENIOR CENTER



In observance of Indigenous Peoples' Day, the Senior Center will be closed Monday, October 11th

SENIOR CENTER HOURS

Monday through Friday

8:30am - 4:30pm

Call us with any questions at (508) 539-1440

Please drop by to say hello, if you need assistance, have a question, or want to learn more about our activities, minibus service or volunteer opportunities.

Masks are required for all persons entering Town public facilities, including the Mashpee Senior Center. Persons who have a health risk or disability that prevents them from wearing a mask are exempt.



Friends of Mashpee Council on Aging Thrift Shop

The Friends of the Mashpee Council on Aging is grateful to the many wonderful people who donate to its thrift shop, located across the parking lot from the Mashpee Senior Center. Your help goes to support the Senior Center as well as other needs of seniors in the Mashpee community. Please note occasionally the Thrift Shop may be closed as a result of volunteer unavailability. Please drop off your donations **ONLY** during open hours.

Hours of Operation

Thursday, Friday & Saturday
10am-2pm



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RESOURCES AND INFORMATION



TOWN OF MASHPEE SEASONAL FLU CLINIC

Tuesday, October 26, 2021

9:00am-12:00pm

Wednesday, November 10, 2021

3:00pm-6:00pm

WHERE:

**Christ the King Parish Hall
5 Jobs Fishing Road, Mashpee
COST FREE**

The Mashpee Board of Health, in cooperation with the Cape Cod Healthcare Pharmacy, the VNA of Cape Cod and volunteers of the Mashpee Council on Aging, will hold these vaccination clinics.

PLEASE NOTE:

- **MASKS ARE REQUIRED INSIDE THE PARISH HALL.**
- COVID-19 vaccinations will NOT be administered at this clinic.
- Individuals enrolled in Medicare B must bring their cards for registration and reimbursement purposes.

FLU VACCINE AVAILABLE TO:

- Uninsured individuals
- Medicare Part B participants
- Participants without Medicare B
- All other insurances

PRECAUTIONS:

The following persons should check with their doctor before taking the influenza vaccine:

- Persons with a history of Guillain-Barre Syndrome within 6 weeks of receipt of the influenza vaccine.
- Women who are or may be pregnant.
- Persons (aged 5 years and older) with asthma or medical conditions which may predispose them to higher risk for complications attributable to influenza, such as chronic pulmonary disease, cardiovascular disease (except isolated hypertension), renal, hepatic, neurologic hematologic, or metabolic disorders including diabetes.
- Persons who are ill and have a fever should delay vaccination until they have been symptom and fever free for at least 24 hours.
- Persons who are taking antibiotics at the time of the clinic cannot receive a flu shot.
- Persons with a history of egg allergy who have experienced only hives after exposure to egg should receive the vaccine.

If you have any questions, please call the Mashpee Board of Health
at 508-539-1426.

PLEASE DO NOT CONTACT THE CHURCH FOR INFORMATION



HOUSING AUTHORITY

Available Housing

Mashpee Housing Authority has available housing at Asher's Path. Asher's Path Apartments are located at One Carleton Drive and are Low-Income 55 Plus Housing Tax Credit Program, managed by Mashpee Housing Authority. Located on a beautifully landscaped 6 acres, Asher's Path is a lovely two-story building with

an elevator which has 56 one-bedroom units. One small pet is allowed. Laundry facilities are on site. Rent is \$825/month, heat and hot water included.

PLEASE NOTE: The application for Asher's Path Apartments is different than the one for public housing and rental assistance programs.

Income limits are as follow: 1 person:\$34,050, 2 People: \$38,900

If interested, please call Mashpee Housing Authority at 508-477-6202 to request an application or you may email office@mashpeehousing.org.



September 24, 2021

PRESS RELEASE

Baker-Polito Administration Provides Update on Pfizer COVID-19 Booster Availability

In accordance with updated guidance from the Centers for Disease Control and Prevention (CDC), the **Pfizer COVID-19 Booster** is now available to

individuals 65 years of age and older individuals 18-64 years of age at risk for **severe COVID-19 due to certain underlying medical conditions**, and individuals 18-64 years of age who are at **increased risk for COVID-19 because of occupation or institutional settings** who have previously received the Pfizer vaccine. These residents are eligible to receive their Pfizer booster shot **at least 6 months after their second dose of the Pfizer COVID-19 vaccine**.

Massachusetts residents will be able to receive **Pfizer COVID-19 booster doses from more than 460 locations, including over 450 retail pharmacies, with some appointments available now for booking**. Additional appointments are expected to come on line in the coming days.

The following individuals are eligible for the Pfizer COVID-19 booster at least six months after their second dose:

- Individuals 65 years of age and older.
- Individuals 18-64 years of age at risk for severe COVID-19 due to **certain underlying medical conditions** as defined by the CDC.
- Individuals 18-64 years of age who are at increased risk for COVID-19 because of occupation or institutional settings.

For additional information from the CDC, please [click here](#).

To find a location and/or make an appointment for the initial COVID-19 vaccine or Pfizer booster:

1. **Visit the Vaxfinder** tool at vaxfinder.mass.gov for a full list of hundreds of locations to receive a booster. Residents will be able to narrow results to search for locations that are offering boosters. Many locations are booking appointments out weeks in advance.
2. For individuals who are unable to use Vaxfinder, or have difficulty accessing the internet, the **COVID-19 Vaccine Resource Line** is available Monday through Friday from 8:30 AM to 6:00 PM, Saturday and Sunday 9AM-2PM by **calling 2-1-1** and following the prompts is available for assistance. *The COVID-19 Vaccine Resource Line is available in English and Spanish and has translators available to in approximately 100 additional languages.*

The Pfizer COVID-19 booster is safe, effective, and free. Individuals do not need an ID or health insurance to access a booster. Additional information on the COVID-booster, including FAQs, can be found at mass.gov/COVID19booster. Individuals can check if they are eligible for a booster using the eligibility tool at mass.gov/BoosterCheck.

As more information becomes available on booster vaccines for individuals who have received either the Moderna or Johnson and Johnson vaccine, the Administration will provide updated information.

[CLICK HERE](#) for the link to press release



**Executive
Office of
Elder
Affairs**

**THE FOLLOWING MESSAGE IS FROM THE
MASSACHUSETTS EXECUTIVE OFFICE OF ELDER AFFAIRS**

The Federal Government is giving people more money with Stimulus Payments ("Economic Impact Payments") and tax credits. You can sign up for this money with a 2020 "tax return." You can have low OR no income to get this money. This money is not just for people who need to complete tax returns because of the amount of money they make.

You should sign up if you:

Did not get a stimulus payments for you and/or your dependents, have no or low income, have never applies for taxes/not applied in recent years, OR have a child who may not be in IRS's records.

How do you sign up?

If you make \$57,000/year or less, you can get FREE help to sign up

Learn more at findyourfunds.org

SUPPORT GROUPS & RESOURCES

SAVVY CAREGIVER WORKSHOP

presented by

Elder Services of Cape Cod & the Islands

Tuesdays, October 5 through November 9th

9:30am-11:30am



Are you caring for someone with a dementia-related illness?

Join us at the Mashpee Senior Center for six – 2 hour sessions starting October 5th. Connect with other care givers and navigate the stages of dementia. Space is limited. Registration is required.

To reserve your spot contact Sarah Franey, Elder Services Family Caregiver Support Manager, at 508-394-4630. Extension 227



Sight Loss Services Peer Support Group

October 25, 2021

10:00am - 11:30am

This support group meets on the 4th Monday of each month at the Senior Center from 10:00am - 11:30 am. It is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available.

For more information call Sight Loss Services at 508-394-3904 or [CLICK HERE](#) to visit their website.



AMERICAN PARKINSON DISEASE ASSOCIATION SUPPORT GROUP

Mashpee Virtual Support Group

Strengthening the Core to Support Posture

Thursday, October 14th, 10-11:30 (via Zoom)

This support group is for those with Parkinson's disease, as well as for those who are care partners of individuals with PD. Meetings are the 2nd Thursday of the month via Zoom. For more information, please contact the group facilitator, Jeanne Jackson at (508) 367-4267 or email her at jahjackson@comcast.net.



Cape Cod Healthcare Dementia & Alzheimer Support Programs Caregiver Support Group Wednesdays, October 13th & 27th 1:30pm - 3:30pm

This support group has resumed its in person meetings at the Mashpee Senior Center on the 2nd and 4th Wednesday of the month and provides an opportunity for

caregivers to share their experiences in a confidential supportive environment and receive information and guidance regarding care planning strategies.

To register, please call (774) 552-6080 or email

dementiainfo@capecodhealth.org



INDEPENDENCE HOUSE RELATIONSHIP EDUCATION AND ADVOCACY

Wednesday, October 13th

10:00am - 12:00am

Every 2nd Wednesday of the month, at the Mashpee Senior Center, an Independence House volunteer can confidentially assist you with information and referrals for services if you or someone you know is experiencing domestic, sexual, and elder violence.

Appointments are not necessary; just stop by.



Coping During the COVID-19 Pandemic

The Cape Cod COVID-19 Response Task Force has collected helpful wellness resources for you during COVID-19. Please check back regularly as we add to these resources.

Each month we will highlight tools to help manage this crisis and identify for you web videos, articles, discussions, and resources we have found helpful. These tools apply to those of all ages, children, adolescents, young adults, adults, and elders. Click below for more information.

[CAPE COD COVID-19 RESPONSE TASK FORCE](#)



The VA Caregiver Support Program's mission is to promote the health and well-being of family caregivers who care for our nation's Veterans, through education, resources, support services and service excellence. The Caregivers Support program empowers caregivers with a wide range of resources through the Program of General Caregivers Support Services. All caregivers who provide personal care services to Veterans enrolled in Veteran Affairs

healthcare have access. To learn more about their programs call:

National Caregiver Support Line at 1-855-260-3274 or visit their website

www.caregiver.va.gov

SPAULDING REHABILITATION HOSPITAL OF CAPE COD

Aphasia Virtual Community Group

Wednesday, October 6th

10:00am



Theme for October's meeting is **TRICK OR TREAT!**

Please share a **TRICK(or strategy)** that helps communicate and a **TREAT (something you are looking forward to this Fall)**. And if you want to share a picture of yourself in a Halloween Costume or wear fun mask to the meeting we won't object.

2021-2022 MEETING SCHEDULE

Virtual Meetings held on the first Wednesday of the Month

10:00am -11:30am

APHASIA is a speech and language disorder resulting from stroke, head trauma or other neurological conditions. Aphasia is marked difficulty speaking and comprehending spoken language. Problems often occur with reading, writing and calculating which causes difficulty and frustration for persons with asphasia and their families.

Who may attend: Individuals with aphasia, their families and friends.

Dates: 10/6, 11/3, 12/1, 1/5/22, 2/2/22, 3/2/22, 4/6/22, 5/4/22 & 6/1/22

Pre-registration is not required.

For more information call Eileen O'Connell at 508-833-4270 or email emoconnell@partners.org for more information

OCTOBER REMINDERS

In case you missed our October Activities Email



**CORNHOLE TOURNAMENT
SENIOR CENTER VS MASHPEE POLICE**

Thursday October 7, 2021

10:00am – 12:00pm

Mark your calendars for the long awaited REMATCH competition in Mashpee. The Senior Center is taking on members of the Mashpee Police Department again. This time we will show no mercy, so, grab a cornhole bag and toss away as we reclaim the bragging rights of being the champions. Mashpee Seniors only. Call the Mashpee Senior Center at (508) 539-1440 to register or click on the registration button below.

Registration



HALLOWEEN BINGO

October 29th

2:00pm-3:00pm

What does Alfred Hitchcock, Amityville Horror, The Birds, Psycho and Freddie Kruger all have in common? Come find out at our Halloween Bingo Game. Fear not, this is not your grandmother’s bingo game.

Join us on Friday, *October 29, 2021 from 2:00pm-3:00pm* for some ghoulish fun!

Prizes will be awarded and there will even be a prize for the best dress costume.

Preregistration is required. Mashpee Seniors only.

To register please call to the Mashpee Senior Center (508) 539-1440.



Emergency Broadband Benefit Program

(Federal Internet Discount Program)

Thursday, October 28th

10:00am-11:00am

Join us on Thursday October 28 at 10:00am either via zoom or at the Mashpee Senior Center as the Massachusetts Law Reform Institute is hosts a virtual presentation on the Emergency Broadband Benefit (EBB), a new federal program that provides discounts on internet subscriptions and a one-time discount for a device to eligible households. Many Mashpee and Cape Cod seniors are eligible because they receive Medicaid/MassHealth, SSI, SNAP, Veterans/Survivors Pension benefits, or have low incomes. Join us to learn more about if you’re eligible for the program and how to apply. For more information on the program visit their website at [GetEmergencyBroadband.org](https://www.getemergencybroadband.org)

Join us in person to watch or to register to receive the Zoom information for this presentation please call Julie at the Mashpee Senior Center at (508) 539-1440 or

[click here](#) to email Julie to register.



PC & Gadgets Clinic

1st & 3rd Thursdays of the month

12:00pm-2:00pm

Gadgets, gadgets everywhere.

They connect us to friends and families near and far. They help us check in with grandkids, host book clubs or be part of a celebration that you may not be able to

attend. Email, social media and video chats such as Zoom, are just a few things that help you stay connected. These days there is a mobile app for everything, fitness tracking, games, music and audio books. Unsure about how to get started or have questions, the “Gadget Guy” will answer your questions about gadgets:

(Cell phones, GPS, email, Facebook, Zoom etc.)

Appointments are 20 minutes long.

Please bring your devices fully charged as power sources are limited.

Appointments are required.

Please call the Senior Center at (508) 539-1440 or stop by the front desk to make an appointment.



(TIME CORRECTION)

Knitting & Crocheting

Thursdays, 10:00-11:00

Do you knit? Crochet? Instead of staying at home to knit or crochet, join us for each Thursday morning and meet new friends. It is a great way to get out and enjoy something you already do. Perhaps sharing will give you new ideas! Group members also help each other!

Volunteer group leader's role is to help beginners; she does not provide instruction/formal lessons.

No charge.

ELDER SERVICES OF CAPE COD AND THE ISLANDS

Senior Dining Program

Monday-Friday – 11:30am

Elder Services of Cape Cod and the Islands has restarted the Senior Dining program at the Mashpee Council on Aging. The dining program will return to its regular schedule, Monday through Friday 11:30am - 12:30pm at the Senior Center. Please arrive no earlier than 11:15am. As a reminder, reservations are required and must be made 48 hours in advance. To make a reservation please call the Mashpee nutrition site at (508) 477-0910. For more information about Elder Services please go to www.escci.org.

Come join us for some great food from our new caterer and a chance to see some friends!

HOUSING

Capewide Rent/Mortgage Assistance is available. If you or someone you know needs help with rent or mortgage assistance, please contact the Housing Assistance Corporation.



SUBSTANCE USE INFORMATION

Gosnold Family Support Groups



The Gosnold Reaching Out program is a resource for family members and loved ones affected by substance use disorder. It assists the family at all stages of addiction through education, intervention, and support.

For more information, please call (844) 558-4357 or
visit their website at gosnold.org

Help is Here

Massachusetts **Substance Use Helpline** at 1-800-327-5050
or www.helpline-online.com

In an emergency, please call 911.

For local resources, please contact
Mashpee Human Services at 508-539-1411.





Cognitive Health

Cognitive health is how you think, learn and remember. As we age, these functions tend to decline. It is important to prioritize brain health. Fortunately, the recommendations are almost identical to advice you have probably received for overall physical health and wellbeing. The National Institute of Health

(NIH) recommends the following:

- Manage chronic health problems like diabetes, high blood pressure, depression, and high cholesterol.
- Speak with your health care provider about the medicines you take and possible side effects on memory, sleep, and brain function.
- Reduce risk for brain injuries due to falls and other accidents.
- Limit the use of alcohol.
- Quit smoking, if you currently smoke. Also, avoid other nicotine products such as chewing tobacco.
- Perform regular physical activity.
- Get enough sleep, generally seven to eight hours each night.
- Keep your mind engaged by participating in activities you find personally meaningful.
- Try not to isolate yourself. Regular social contact can help you feel happier, more connected, and improve self-esteem.
- Manage stress through yoga, meditation, journaling, breathing exercises, and practicing positivity.

The NIH also suggests eating a Mediterranean Diet as some studies have shown there may be a delay in the progression of Alzheimer's Disease. A Mediterranean diet consists of primarily fruits, vegetables, whole grains, beans, nuts, and seeds. Olive oil is the primary source of fat and fish, poultry, eggs, and dairy are eaten in moderation. The American Heart Association website states "In one, study, the healthiest eaters at age 50 had a nearly 90% lower risk of dementia compared with those who had the least healthy diets." If a diet can reduce the risk of multiple illnesses while promoting brain health, this may be the best starting point for many on their journey to a healthier and happier life.



Mashpee Police Department's Tip of the Month Domestic violence and abuse can happen to anyone.

DO YOU

- Feel afraid of your partner much of the time?
- Avoid certain topics out of fear of angering your partner?
- Feel that you can't do anything right for your partner?

- Believe that you deserve to be hurt or mistreated?
- Feel isolated from family and friends
- Feel controlled

SOME SIGNS OF AN ABUSIVE PARTNER

- Unpredictable Mood Swings
- Extreme Jealous
- Explosive Behavior
- Threatening Violence
- Verbally/Emotionally Abusive

There is no excuse for domestic abuse.

Are you or someone you love being abused?

There are laws and programs to protect you and your family.

We all have the right to be safe!

**Any Questions, please contact Tara Carline, Special Officer and Advocate,
at the Mashpee Police Department, 508-539-1480, extension 7253**



Phony LinkedIn Job Postings

It was recently discovered that job postings on LinkedIn aren't as secure as you might expect. Anyone with a LinkedIn profile can anonymously create a job posting for nearly any small or medium-sized organization. The person creating the post does not have to prove whether or not they are associated with that organization. This means that a cybercriminal could post a job opening for a legitimate organization and then link applicants to a malicious website.

Worse still, cybercriminals could use LinkedIn's "Easy Apply" option. This option allows applicants to send a resume to the email address associated with the job posting without leaving the LinkedIn platform. Since the email address is associated with the job posting and not necessarily the organization, cybercriminals can trick you into sending your resume directly to them. Resumes typically include both personal and professional information that you do not want to share with a cybercriminal.

Follow the tips below to stay safe from this unique threat:

- Watch out for grammatical errors, unusual language, and style inconsistencies in LinkedIn job postings. Be suspicious of job postings that look different compared to other job postings from the same organization.
- Avoid applying for a job within the LinkedIn platform. Instead, go to the organization's official website to find their careers page or contact information.
- If you find a suspicious job posting on LinkedIn, report it. To report a job posting, go to the Job Details page, click the more icon, and then click Report this job.

Friendly Spear Phishing

Spear phishing is a phishing attack that targets a specific person and appears to come from a trusted source. One of the easiest ways for cybercriminals to find a target is through social media. Spear phishing attacks on social media often come from fake accounts, but in a recent scam, cybercriminals used real, compromised accounts. After hijacking an account, cybercriminals impersonated that person and targeted their friends and followers.

In this scam, cybercriminals use the hijacked account to engage in friendly conversations with you in an attempt to lower your guard. Since you don't know that the account has been hijacked, you are more likely to trust information that they send to you. Once they think they have your trust, the cybercriminals will send you a Microsoft Word document asking for you to review it and give them advice. Once you open the document, the program will ask you to enable macros. If you do enable macros, your system will automatically download and install a dangerous piece of malware.

Follow the steps below to stay safe from this scam:

- Think about how a conversation with this person typically looks and feels. Do they usually ask you to download files? Are they typing with the same pace, grammar, and language as usual? Be suspicious of anything out of the ordinary.
- Before you enable macros for a file, contact the sender by phone call or text message. Verify who created the file, what information the file contains, and why enabling macros is necessary.
- Remember that cybercriminals can use more than just links within emails to phish for your information. Always think before you click!

SERVICES BY APPOINTMENT



SHINE

(Serving the Health Insurance Needs of Everyone)

Every day there are 10,000 baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. SHINE can help! SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help Medicare beneficiaries navigate the complex health insurance system free.

SHINE has resumed their in-person appointments at the Mashpee Senior Center. Call the Senior Center at (508) 539-1440 to schedule an appointment.

If you need immediate help or have an urgent question, please contact the Barnstable County Regional SHINE office at (508)375-6762 or (508)362-5885 TTY.



A MESSAGE FROM THE REGIONAL SHINE OFFICE
Open Enrollment 2021
and Your Serving Health Information Needs of Everyone
Program (SHINE)

The time is now to review your Medicare coverage!

By September 30th, each Medicare beneficiary receives an Annual Notice of Coverage which includes important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A visit or phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, copayments and health coverage based on income and assets.

Open enrollment is **October 15 – December 7** and state certified SHINE counselors are available at the Mashpee Senior Center by appointment to help you understand health care coverage, review cost increases, and find out what's new with Medicare. Appointments fill up fast during this busy period so contact us soon to avoid making last minute decisions or staying in a plan that no longer works for you.

Plan to have the following information available for your SHINE appointment:

- 1. Medicare A/B card**
- 2. Medigap or Medicare Advantage Card**
- 3. Prescription Drug Plan Member Card (if you have a Part D plan)**
- 4. List of medications and dosage which can be obtained from your local pharmacy**
- 5. My Medicare account username and password (if you have an account created) – this will save time as all medications and dosage information are stored and can be updated.**

For those who prefer to view Medicare plan choices and costs online please visit www.Medicare.gov, then, click on find a provider and click on the health and drug plan tab.

LEGAL ASSISTANCE

Attorneys visit the Mashpee Senior Center monthly or bimonthly by appointment only

South Coastal Counties Legal Services, Inc. (SCCLS)

SCCL elder law attorneys take appointments at the Mashpee Senior Center bi-monthly. They provide legal services to Mashpee older adults who are economically or socially disadvantaged. Priority areas include housing, government benefits, Medicare, Medicaid, reverse mortgage counseling and general health law concerns. Consultation by a SCCLS attorney is free.



They are available for Mashpee older adults by appointment only on the 4th Tuesday of every other month. Next available appointments is **Tuesday, November 23th, 10:00am-12:00pm**

Please call the Mashpee Senior Center at 508-539-1440 to make an appointment

Other attorneys are available by appointment on the second Tuesdays of the month. October

12th, November 9th & December 14th, 1:00pm-4:00pm

Area of concentration is in trusts, wills, probate, estate planning, Medicaid, and long term care/nursing homes. Please be aware these appointments are for Mashpee seniors only, for consultation only, and not for dealing with on-going legal issues. The initial brief consultation at the senior center is free. We respectfully request that you limit your appointments with the attorneys during the year so others may be accommodated. Please note that the lawyers do not handle questions regarding criminal matters, divorce concerns, VA benefits or bankruptcy.

Please call the Mashpee Senior Center at 508-539-1440 to make an appointment

**Department of Veteran's Services
1st and 3rd Fridays of the month**

Veteran's Services officers (VSO) in the Commonwealth help veterans learn about, apply for, and in some cases receive benefits. If you are a veteran or a spouse of a veteran, Veteran's Services provides in person appointments at the Senior Center on the 1st and 3rd Fridays of the month. To schedule an appointment, please call the Mashpee Senior Center (508) 539-1440 or contact them at (508)778-8740 for assistance and information.

Please call 508-778-1590 (Cape & Islands Veterans Outreach Center) if you would like to sign up for the Outreach Center's Veterans Food Pantry. This food pantry is for qualified veterans and their families and is open every Thursday between 9:00AM and 1:00PM. It is currently being conducted on a drive up basis at 247 Stevens Street, Hyannis, behind the VA Community Clinic. Please call prior to your visit to ensure veteran qualification and eligibility. Emergencies can call any time. This program is for veterans and their families only. Homebound veterans and dependents can call to make other arrangements to receive food. After becoming a member of the food pantry a family is allowed 2 visits per month.

OUTREACH PROGRAMS AND INFORMATION



Gratitude Journal and Meeting
Tuesday, October 5th & Tuesday, November 2nd
1:00pm-2:00pm

The last couple of years have given us a lot to think and worry about. A great way to change the negative is stop and think about what we are grateful for. Even our darkest days can have a positive thought. Let's come together and spend 30 days looking for what we are grateful for. This group will meet once in October and November to write a gratitude journal. On October 5th, participants will meet at the Mashpee Senior Center to receive their journal and write our first thought of gratitude. November 2nd, we will meet to

share what this journal has meant to the participants and read from their journals if they like.

To reserve your journal and register to start your Journal of Gratitude, please contact Darlene Perkins, Part-time Outreach Coordinator, at 508-539-1440 or

[Click Here](#) to email her.



Friendly Visitor Program

The Council on Aging has an option if you are feeling socially isolated and would enjoy an occasional visit from a new friend. The friendly visitor program may be a way for you to become more connected and engaged. The program provides trained volunteers to visit Mashpee older adults in their home.

If you are interested or want to learn more about this social connections program, please contact Lori Nelson, Outreach Coordinator, at 508-539-1440 or email her at Lnelson@ Mashpeema.gov.



Lock Boxes

The Mashpee Fire & Rescue Department in cooperation with the Mashpee Senior Center and the Council on Aging would like to discuss with you the importance of having a lock box at your home. A lock box is simply a locked storage device that is mounted to the outside of your property that is locked with the keys to access your home inside it. This key(s) would only be accessed by the police or fire department in case of an emergency. There are several different types of lock boxes that are on the market. Mashpee Fire & Rescue works closely with the Knox Company regarding the purchase of their lock boxes. The Knox company lock boxes are available online or through the mail. The company has a unique key code specific to only Mashpee Fire & Rescue. Each of Mashpee's emergency vehicles has its own lock box mounted on apparatus that contains the keys to the Knox box. These are only accessed in cases of emergencies. These keys if made available would prevent the need to perform forcible entry in to a home that will potentially cause damage by forcing open doors and windows, more importantly it would expedite the time required to get to you in a medical emergency. We are free to discuss these options with you if you would like to call Lt. Brenden Ramsey at (508) 539-1466.

A form titled 'FILE OF LIFE' in a red box. The text on the form reads: 'KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months / MEDICAL DATA REVIEWED AS OF ___ MO. ___ YR. 20__'. Below this are fields for Name, Address, Doctor, and Phone #. There is also a section for 'EMERGENCY CONTACTS' with fields for Name, Address, and Phone #.

What is a File of Life?

File of Life details medical conditions and instructions in case of a medical emergency.

This document saves lives when every second counts in a medical emergency. The File of Life benefits first responders, emergency staff at the hospital and

you. Mashpee first responders are trained to look for these critical File of Life decals. Could you provide an accurate medical history, list of medications, existing conditions and allergies in fewer than 10 seconds for you or your loved one? For the overwhelming majority of people, the answer is no. That is where the File of Life becomes critical. File of Life is an asset not only for emergency preparedness, but also for keeping medical information organized for any visit to the doctor.

Next Steps to Stay Safe:

We want every senior in Mashpee to have an up to date refrigerator magnet version of the File of Life. If you have a File of Life in place, Great! Please review and update it as needed.

If you need one, call or email Lori Nelson, Outreach Coordinator at the Senior Center at 508-539-1440 or LNelson@mashpeema.gov and she will give you a File for Life at no cost.

Police Reassurance Program

The Mashpee Police Reassurance Program is a beneficial service offered to Mashpee older adults who live alone. The program provides support to Mashpee seniors to ensure their safety and wellbeing. The program requires the senior to call the Mashpee Police Department every day between 6:00 am and 10:00 am. The dispatcher has a list of all the members of the program and will make a note if the older adult has not called in. If an older adult has not called in by 10:00 am, Dispatch will call their residence directly. If Dispatch is unable to make contact with the older adult or there is a busy signal, an officer will be sent to the residence for a wellbeing check. If you or a family member is interested in registering for the Reassurance Program, please contact the Mashpee Council on Aging Outreach Coordinator, Lori Nelson at (508) 539-1440.

Greater Boston Food Bank Brown Bag Program for Seniors

The Mashpee Council on Aging in partnership with the Greater Boston Food Bank continues to offer the food assistance program called The Brown Bag. This program is offered to Mashpee seniors who may need a little extra support. Participants receive a bag of groceries on the first Friday of each month. Please be assured there is no cost to you; this is a free program. A typical grocery bag weighs about 15 pounds and contains roughly \$40 worth of carefully planned nutritious food items such as: milk, cheese, ground turkey, yogurt, spinach, carrots, dried fruit, spaghetti, peanut butter and cereal based on availability.



if you are interested in participating in the Brown Bag Program and If you receive other types of financial benefits, you may be eligible for the Brown Bag Program. For example, if you receive fuel assistance or SNAP (former food stamps) benefits, you are eligible for the Brown Bag Program. Contact Outreach Coordinator Lori Nelson at (508) 539-1440 for more information.

VNA Town Nurse Wellness Check

A VNA nurse is available to provide free medical wellbeing checks to Mashpee seniors who are at risk. The VNA nurse will conduct an overall assessment of the home environment and will check vital signs. Someone experiencing mild memory loss, a history of frequent trips to the hospital, no support system, and/or multiple medications/conditions would fit the criteria for a medical wellbeing check. If you would like a visit, call Outreach Coordinator Lori Nelson at the Mashpee Senior Center at (508)

539-1440. Lori will explain more to you, and if you fit the criteria, she will refer you to the nurse.



SNAP

Do you need help buying fresh, nutritious food? You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. Did you know that the average monthly amount in SNAP benefits received by Mashpee residents is \$136. Would you like information on income, and documentation needed to apply? If interested on applying for SNAP call the Mashpee Senior Center to speak with part time Outreach Coordinator Darlene Perkins at (508)539-1440 ext. 3506 or go to

<https://www.mass.gov/doc/snap-application-for-seniors-1/download>

Telefriend Program

The Mashpee Senior Center has volunteers who would be happy to call Mashpee older adults who want to talk or need a social connection. If you would be interested in a having a volunteer call you to chat, please contact Outreach Coordinator Lori Nelson at (508) 539- 1440, who will tell you more about this no cost service.

Free Incontinence Product Distribution:

The distribution of incontinence products at the Mashpee Senior Center is provided each month. This program is for Mashpee seniors in need (both men and women). f you are interested in this program, please call Outreach Coordinator Lori Nelson at (508) 539-1440.



Fuel Assistance Program

The Fuel Assistance Program, provides low income households with help paying home heating bills (from SSCAC). If you are a Mashpee older adult and are interested in applying, please call Darlene Perkins, Mashpee Senior Center's Part-time Outreach Coordinator, at (508)539-1440. or email her at pperkins@mashpeema.gov to make an appointment.

TRANSPORTATION OPTIONS



Mashpee Council on Aging (COA) Minibus Service

To schedule a ride,
call the Mashpee Senior Center at (508)539-1440

The minibus operates on Mondays, Wednesdays and Fridays between the hours of 9:00 am – 1:30 pm. Trips can be scheduled to grocery stores, pharmacies, medical/dental appointments, the post office and the bank. (Ride requests for this service must be made a minimum of 48 hours in advance).

Trips for medical/dental appointments within the towns of Sandwich and Falmouth are also offered on a limited basis during the minibus operating days and hours. (Ride requests for this service must

be made two weeks prior to your appointment date).

- All passengers are required to wear a facial covering from the time of boarding until the time of exiting the bus.

To reserve your ride, call the Mashpee Senior Center at (508) 539-1440 and leave the following information: Your name, address, telephone number, along with the date, time and destination of your request. The driver will get back to you to inform you that your ride is confirmed.



The Cape Cod Regional Transit Authority (CCRTA) has been providing public transportation services since 1976 to residents and visitors for all 15 Cape Cod communities. CCRTA services include: Year round **Fixed Route Bus Service** routes. **Dial-A-Ride Transportation (DART) Service** is a daily general public service that is door-to-door, ride-by-appointment, transportation service. This service is available to all Cape Cod residents for any purpose. In addition, **Boston Hospital Transportation** is a transportation service to Boston area hospitals that runs Monday through Friday (no holidays), by reservation. For more information about the CCRTA please call toll free (800)352-7155; local number (508) 385-1430; or TTY(800)439-0183 or visit its website: <http://www.capecodtransit.org/>.

Directory of Service Providers For Older Adults

On the Council of Aging website page, is a directory of service providers for older adults. Please click the link below for more information:

[Town of Mashpee - Council on Aging](#)

If you know a Mashpee senior or caregiver who would be interested in these updates and may not be receiving them currently, please contact the Mashpee Senior Center at (508) 539-1440 or email us at coaofficeassistant@mashpeema.gov

Mashpee Council on Aging/Senior Center

26 Frank E. Hicks * Mashpee, MA 02649

Phone: (508) 539-1440 * Fax (508) 539-2791

Website: www.mashpeema.gov/council-aging

e-mail: coa@mashpeema.gov

DISCLAIMER: The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, the Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed and sponsored by the Council on Aging.